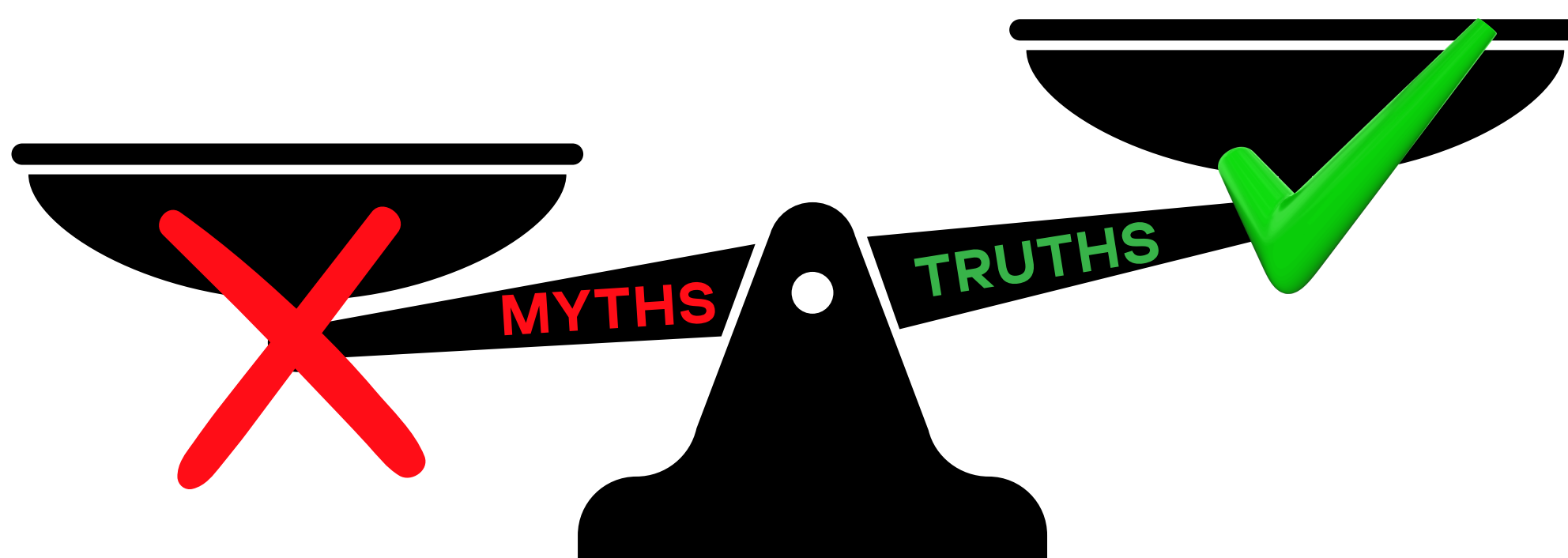
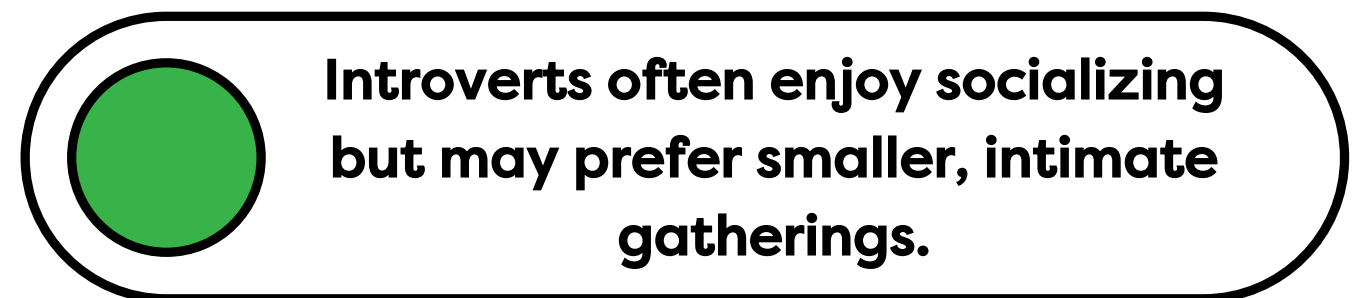


Introverts & Extroverts: Myths vs Truths

A **myth** is a belief or idea that sounds real but isn't true. The **truth** is something that is real and is supported by facts and experiences.

Challenging common myths can be a great way to understand different personalities, to find our identity and to celebrate our differences!

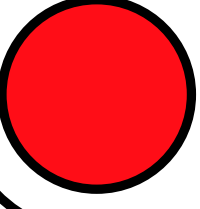
Introverts:



Extroverts:

 Extroverts are always happy.

 Extroverts, like anyone else, experience a full range of emotions, including sadness or anxiety.

 Extroverts talk without thinking.

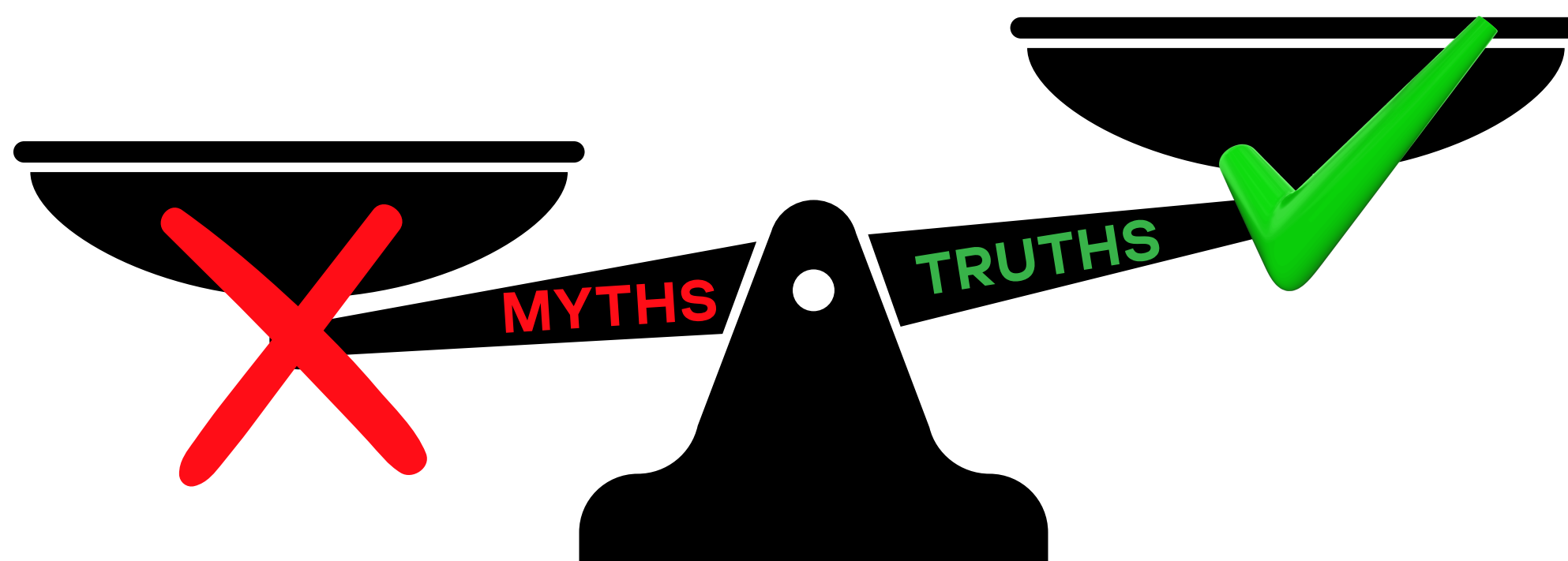
 Extroverts may process thoughts aloud but are capable of deep and meaningful contributions.

 Extroverts don't enjoy alone time.

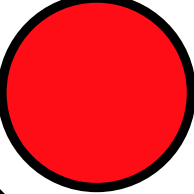
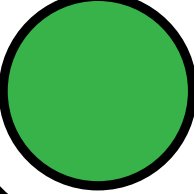
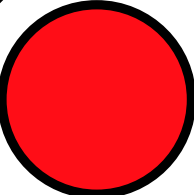
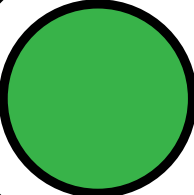
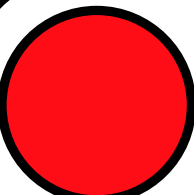
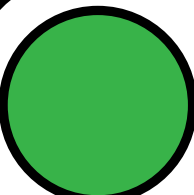
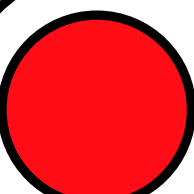
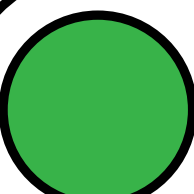
 Extroverts need downtime too. They may prefer shorter time alone before connecting with others again.

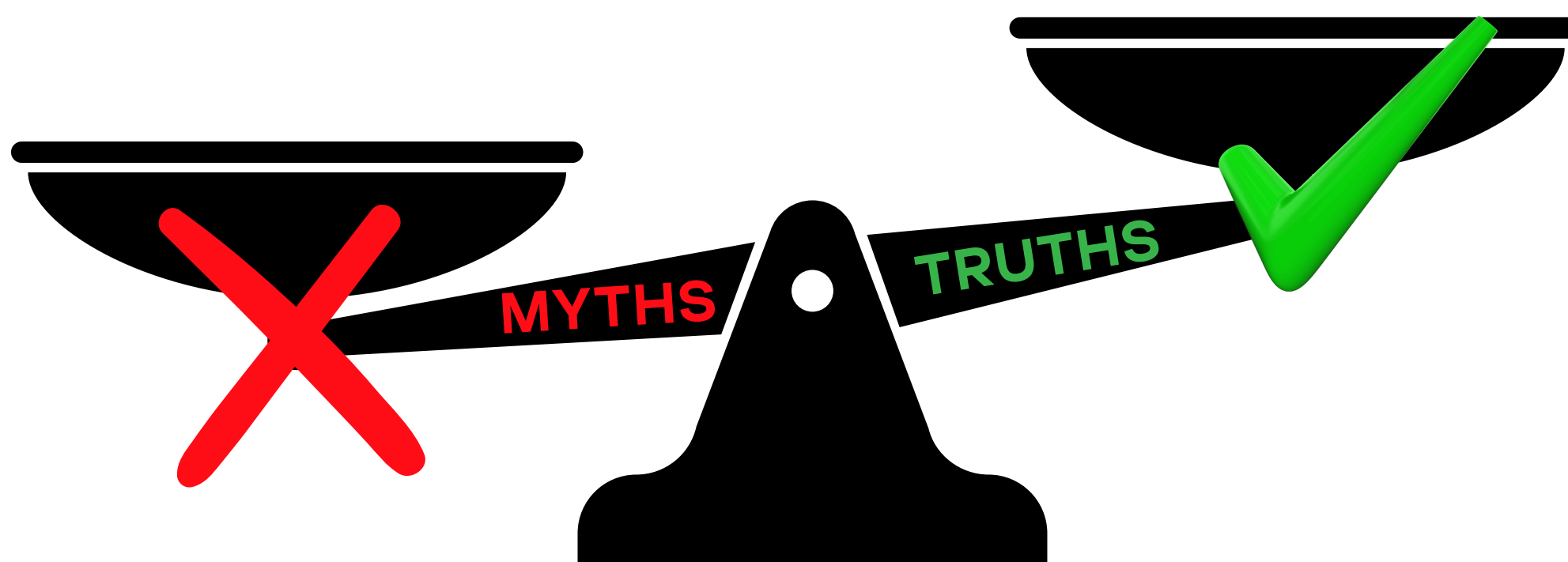
 Extroverts are always confident.

 Extroverts can struggle with self-doubt or social anxiety despite their outgoing nature.



My personality:



Can you think of common myths people have about your own personality? Write them above in the red boxes, and challenge these myths, by writing the truths about your own personality in the green boxes.